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First-year tennis coaches try to find way

by Keith Antigiovanni

With new coaches at half the schools, including defending champion Valhalla, plus West Hills, Santana, Mount Miguel and El Cajon Valley, how well the various Grossmont League teams do this year is open for question.

NORTH

The **Granite Hills** Girls Tennis Team is coming off a disappointing season (6-7) from 1997 and have rebounded to start strong at (9-1). The Eagles finished third last year and have set a goal of beating Monte Vista and Valhalla then winning the league title.

So far, the team has accomplished one of them by beating Monte Vista and were awaiting the match with Valhalla on Oct. 6.

Some reasons for the dramatic turnaround this year are the top singles and doubles players coach Kathy Tibbits has on the team.

Number one singles player Kristen Holmquist had a smashing (24-0) start after spending her freshman year injured, the coach said.

Tibbits added that Kristen has an overpowering serve and ground strokes and is also a tournament player.

The number two singles player, freshman Michelle

Hom, was (23-7) was also playing well

The coach said "Michelle's strength are her consistent ground strokes."

The top doubles team is Amy Williams and Erika Fourgoni who were (29-1) and undefeated in the league. According to the coach, they are the best doubles team in the league.

The number two doubles team

are seniors
Erin Bach and
Stephanie
Langston, who had a
17-7 record.

"We got over our weaknesses from the previous matches and try to improve on them" said Tibbits who added that this is the best team she had had in her 15 years coaching at the school, and the most solid one.

El Capitan has finished second to Grossmont the past three seasons and, this year, is expecting to move up and, finally, win the league, said coach Thor Stibor. "Seven of the varsity team are seniors." he said.

El Caps' top three singles players are seniors Autumn Moody (25-5), Johanna Kuelper (24-6) and Stacy Anderson (19-8).

> The number one doubles teams is Michelle Day and Andrea Wright (24-3).

The junior varsity team has 15 girls, one of whom, Melissa Anderson, is playing on the varsity on the number three doubles team.

Stibor said Anderson has the potential to move up to varsity singles someday.

The junior varsity has been doing well (8-1), as well as the varsity (7-3).

The coach added that the

team has great chemistry this year and there's great leadership on this squad. The players are really

The players are really working hard this year because they want to win the league title, he added.

West Hills is being coached by Charlie White and Siobhan Belloli this year. The Wolf Pack has 36 girls overall on the varsity, junior varsity and freshman teams.

The number one singles player for West Hills is Mary Danley.

Another standout player is junior Marlena Coffin, a third-year player. Coffin has developed into a solid player.

Doubles partners Kathryn Haig and Virginia Smith are also considered solid players.

The Wolf Pack's match against favored Grossmont on Oct. 8 found West Hills only able to get one point as the team was overwhelmed by the Foothillers 17-1.

West Hills was missing three varsity players which made a huge difference in the match

Both West Hills coaches said that it did not take anything away from Grossmont, which played better in this match than in the two team's earlier meeting.

They added that Coach Hillary Parks at Grossmont really prepared her girls well for the match.

On Oct. 13, it was a close match against El Capitan. West Hills led 7-6 going into the final five matches, which undefeated El Capitan won by the scores of 7-6, 7-5, 6-4, 6-3 and 6-2.

The very close match, noted the coaches, could

Continued on Page 2 ta

Vol. 51, No. 14

Community Notes

Hyde Gallery exhibits community-related artists

There will be an exhibition called "Elucidation and Resolution: Artists as Emissaries for Metamorphosis" through Nov. 6 at the Grossmont College Hyde Gallery, 8800 Grossmont College Drive in El Cajon. Times for Monday and Wednesday will be from 10 a.m. - 6:30 p.m., Tuesday and Thursday from 10 a.m. - 5 p.m., and Friday from 10 a.m. - 2 p.m.

This exhibit features public artwork by artists Lucy Blake-Elahi, Doug Hollis, Jan Sanchez and Cindy Zimmerman. These artists dispel the fundamental understanding about public art as simply "art in public places" by working extensively in collaboration with communities, fostering community involvement and activism.

A reception for the artists will be held from 7 p.m. - 9 p.m. tonight. Admission is free and the public is encouraged to attend.

Volunteers needed for breast cancer study

Abel Laboratories in Spring Valley has announced the need for women to volunteer for a breast cancer study. Volunteers will be selected from a healthy normal population of women. No medication or invasive procedures are involved in this study.

To participate in this study, women must be at least 18 years of age and have no known suspicious breast abnormality. Eligible participants must complete four tests over a five-hour period. Eligible participants will receive \$100 after completing all tests. Women who are pregnant or breast-feeding cannot participate in this study.

For those interested in volunteering, contact Karen Morgan-Stahley at 660-6243.

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Lemon Grove Almanac

1994 Population: Incorporated: 1977 3.75 sq. mi. Area: Median income: \$34,399 1996-97 city budget: \$26.3 million 1996 taxable sales: \$265 million

Mary Teresa Sessom Mayor: **Thomas Clabby** Council: Craig Lake **Dwight Shelley**

Jill Greer City Manager: **Doug Yount** Planning Director: Linda Niles City Attorney: Gloria McLean City Clerk: **Christine Taub** Sheriff's Capt .: **Yolanda Collins**

> Congressional district: 52nd - Duncan Hunter State Senate district: 40th - Steve Peace State Assembly district: 77th - Steve Baldwin Supervisorial district: 2nd - Dianne Jacob

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Credit cards can hurt students

On many college campuses, perhaps near the library or cafeteria, you can find table-top displays where recruiters are wooing students with free T-shirts or Frisbees if they sign-up for a credit card.

Those who get the cards, however, often end up with bigger unpaid balances than those who were issued credit cards through normal channels, according to the Consumer Credit Counseling Service (CCCS) of San Diego and Imperial counties.

CCCS, a local non-profit community services organization, is currently helping more than 8,200 local families who owe nearly \$138 million, mostly from credit-card expenditures.

For college students who obtained credit cards at on-campus tables, their unpaid balance was \$1,039 vs. \$854 for those who did not, according to a survey of 1,260 undergraduates at 15 campuses conducted by the U.S. Public Interest Research Group (PIRG).

Students who fill out credit-card applications in return for trinkets and candy appear to run a higher risk of misusing their credit by overcharging," said Jack Thompson, CCCS president and CEO.

"Students, some of them without jobs and facing large school debts, should be careful not to make things worse by running up unnecessary, high-cost credit card debt, since they risk ruining their credit records, if they fail to pay on time," he said.

Thompson noted that PIRG also asked students how long it would take to pay off a \$1,000 credit-card debt at an 18 percent annual percentage rate (APR) by making the minimum required payment of 3 percent. The answer: only 20 percent of all students guessed the correct answer,

CCCS recommends the following

 Study the benefits and risk of credit card debt before you apply. Credit cards are convenient when you don't have cash and they're great

· Shop around. Beware of "teaser rate deals" that jump way up after three months. Look for the best offer around. The APR doesn't matter if you always pay off the full monthly balance. But, if you carry an unpaid balance, the interest rate matters a lot more than the annual fee.

 Only one credit card from a nationally recognized firm, such as Visa or MasterCard, is all you need to help you build a good credit history.

· Pay the bills on time. You can still build a favorable credit record without carrying an unpaid balance.

· If you must carry a balance, always pay as much as you can afford every month.

"Responsible use of credit cards can help college students build a credit record that will help them get car loans, home mortgages and even employment after they graduate." Thompson said.

Since 1964, CCCS has served more than 1.25 million financially troubled consumers in San Diego County.

Lemon Grove Fire Log

Sept. 25, 1998

2200 blk. Massachusetts Ave. Medical aid.

Sept. 26, 1998

1900 blk Berry St. Residential structure fire.

7800 blk. Lansing Dr. Unknown medical 3200 blk. College Pl. Fall.

7000 blk. Broadway. Unconscious.

7100 blk. Broadway. Fall.

7900 blk. Broadway. Fall. Lemon Grove Ave./High St. Camp fire.

Kempf St./Broadway. Gunshot/shooting victim.

Sept. 27, 1998

8100 blk. Roy St. Unknown medical.

Central Ave./Federal Blvd. Single-engine response. 3200 blk. College Pl. Possible heart.

2700 blk. Massachusetts Ave. Difficulty breathing.

7500 blk. Broadway. Evaluate for the Sheriff.

7800 blk. Broadway. Medical aid.

3100 blk. Massachusetts Ave. Auto vs. pedestrian.

3400 blk. Main St. Passing out.

Sept. 28, 1998 3400 blk. Main St. Back pain.

Larwood Rd./Woodrow Ave. Wires down.

6900 blk. Central Ave. Fall. 7500 blk. Broadway. Chest pains.

Lemon Grove Sheriff's Log

Aug. 23-Sept. 23, 1998

7900 blk. Broadway. Petty theft. \$1 value Sept. 2-10, 1998

7800 blk. Broadway, Petty theft, \$216 value

Sept. 9, 1998 7600 blk. Canton Dr. Grand theft. \$470 value.

Sept. 15, 1998

3200 blk. Vista Ave. Auto theft. Value unknown.

3600 blk. Mercury Dr. Auto theft. Value unknown.

Sept. 21, 1998 7900 blk. Broadway. Commercial burglary. Value unknown.

Sept. 26, 1998

700 blk. Broadway. Petty theft. \$120 value. Sept. 27, 1998

7400 blk. Broadway. Petty theft. \$200 value.

Sept. 28, 1998

7000 blk. North Ave. Petty theft. \$300 value. Sept. 29, 1998

3400 blk. Main St. Strong-arm robbery. \$19 value 3000 blk. Kennister Rd. Residential burglary. \$200 value.

Sept. 30, 1998 1600 blk. Glen Ave. Auto theft. \$2,500 value

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RECUMBENT exercise cycle, electronic, quiet, comfortable, space-saver model, like new \$175. 581-6117.

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Tennis

Continued from Page 1

have gone the other way.

West Hills is 4-7, a young team with over half of its player never having played tennis before this year and only one senior on the team (Danley).

The El Cajon Valley Braves have got off to a rough start this year, stumbling to 1-5 in the first six matches

Coach Brent Ford was named coach two weeks before the start of the season and has had to make do in a difficult situation.

At the first tryout, Ford said, only two girls came out. After that, he had to walk around campus asking who wanted to play tennis.

He noted that the two senior girls, Ila Taluban and Michelle Fellows, have provided good leadership to a team that has mostly new players, with seven of the 11 players never having picked up a tennis racket before beginning to play for the school

One of those players, Sylvia Randall, has the potential to be a strong player. Ford said that he believes Randall should take outside lessons.

Even with the rough start Ford wants the team to play in a good atmosphere and enjoy playing tennis.

"I let them choose whether or not they want to play sin-

gles or doubles. Right now. we are trying to build camaraderie - I want the girls to have fun," he said.

The Santana team, so far. has improved in league competition from last year. In 1997, it was 2-6 in the league. This year, the team is 1-3, but has played it close in losses to Grossmont, 10-8, El Cajon 11-7 and West Hills 10-8.

At this time, first year coach J.D. Carlson is pleased with the progress of

Carlson said, "When I came here. I knew that it was going to be a lot of work I just wanted to get the team to be competitive.

The coach felt that the team played Grossmont, El Cajon and West Hills much closer than he thought it would

Santana's top singles players are Andrea Salmans, Jessica Davis and Trista Calloway, Salmans and Davis are seniors and Calloway is a freshman

The top three doubles are led by seniors Jennifer Buckle/Teniele Banner, Ava Benitez/ and Heather Neilsen/Jenny McLarnev.

"Our next three matches will show how far we have come," said Carlson.

The coach at Grossmont was not available for comment at this time.]

SOUTH

Valhalla's girls team has the Grossmont League. The Norseman had posted an impressive (11-3) record so far despite losing seven players from last years' team including standout Lindsay Green

Coach Vince Lamarca, in



his first year as coach, is faced with a rebuilding after the loss of those players.

He said that despite that, we're able to keep winning.

Valhalla's top singles players in ranking order are junior Karen Zlotnick, sophomore Maggie Bruce and freshman Page Crystal.

"All three are very consistent players and are able to outplay their opponents" said Lamarca.

The top three doubles been the traditional power of teams in ranking order are seniors Bobby Keavan/Danielle Pickett, senior Courtney Lagrand/junior Michelle Langer and junior Vanessa Langer/senior Julie Whitaker.

The coach felt that the top three doubles teams are all about even - all very strong and have improved by being more aggressive and using teamwork.

As of this week, Valhalla has two matches remaining: versus Mount Carmel and then Granite Hills. A win over Granite Hills will

clinch the league

Mount Miguel, so far this year, is another team that is off to a rough 1-9 start.

Coach Stephanie Wiederstrandt believes that it will take time to build the program for it to be more competitive.

The' top three singles players are sophomore Karla Franco, senior Ann Arguilla and junior

Kathy Hong. The top three doubles teams are seniors Megan Thomas/Trisha Tijos, Carolyn Gleason/Emma Vissuet juniors Marissa Madrigal/ Sandra Reynaga.

"Next year, hopefully, we can have a bigger team. We now have 18 players, I would like to get 26 or 27." said Wiederstrandt

She said she was proud of the players and that they play with sportsmanship and will stay and support their teammates at every match.

Mount Miguel does has some good young players to look forward to in sophomores Mary Mott and Khaliah Walker. For the first-year coach

its been a difficult year, but net and is very athletic so she believes that the team is improving every week.

The Helix team has gotten off to a tough start at 1-6, but the team has some talented players in both sin-

Men's A (as of 10/15)

Men's B/C (as of 10/12)

Men's D (as of 10/11)

Women's (as of 10/14)

CoRec A (as of 10/9)

CoRec B (as of 10/11)

Team

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Team

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HEAT

gles and doubles, according to Coach Kathy Gunion.

She said that the Highlanders' number one doubles team is Priscilla Calvairo and Sinoun Chao, both seniors, who play well together.

Gunion added that Calvairo is a good, solid player who has good serves and ground strokes, that Chao is better suited at playing the that the two complement each other's playing styles.

Helix's number one singles player is senior Jana Dermoshkin. The coach said that Jana has an excellent

CoRec B/C (as of 10/11)

CoRec C (as of 10/13)

CoRec D (as of 10/10)

Volleyball

(as of10/11)

A League

B League (as of 10/11)

serve and good ground strokes and is becoming a more patient player.

The number two singles player also has good ground strokes but plays the net well. She is also a senior

The team has 30 players, nine on varsity and 21 on junior varsity.

Some of the up and coming JV players are Sarah Martin Del Campo and Melinda Bedlion as an emerging doubles team. Both are freshmen, but should move up to varsity in the future.

Two other good vounger players are freshman Jennifer Nest and sophomore Maggie Rios.

Both are very athletic and have the potential to move up to the varsity team, noted the coach.

Almost unanimously, the coaches felt that Valhalla is still the top team in the Grossmont League, Gunion felt that Monte Vista has a solid squad and should be very competitive.

[The Monte Vista coach was not available at this time.l

Sports/Rec Notes

CIF to hold High School Activities Week

The week of Oct. 18-24 is designated as National High School Activities Week. The week started on Sunday with National Sports Day and was followed by Fine Arts Day on Monday, Officials Day today, Youth Health Awareness day tomorrow, Coaches Day on Thursday, Fan Appreciation Day on Friday and Community Service/Participation Day on Saturday.

Grossmont League football still surprising

On Friday, the South proved itself the most surprising as Monte Vista continues to hold Helix hostage as it beat the Highlanders, 15-7, for the third time in the last four years. and Mount Miguel stunned favored Granite Hills, 33-13.

In the North, El Cajon Valley got back enough of its defense to top Grossmont, 21-13, and El Capitan added to Santana's woes, topping the winless team, 16-6.

West Hills used its strong offense as it handled Valhalla, 39-14, in an interleague matchup.

East County Prep Sports Schedule

Tuesday, Oct. 20 - Tuesday, Oct. 27

Tuesday (10/20) - WATERPOLO: Helix at Valhalla, Granite Hills at Mount Miguel, West Hills at Grossmont. GIRLS TENNIS: Granite Hills at Monte Vista. Helix at Mount Miguel, El Cajon Valley at El Capitan, West Hills at Santana.

Wednesday (10/21) - GIRLS VOLLEYBALL: Mount Miguel at Valhalla Monte Vista at Helix, Santana at El Cajon Valley, Grossmont at West Hills

Thursday (10/22) - WATERPOLO: Helix at Granite Hills, Valhalla at Monte Vista, Mount Miguel at West Hills, El Capitan at Santana, El Cajon Valley at Grossmont. GIRLS TENNIS: Mount Miguel at Monte Vista, Valhalla at Granite Hills, El Cajon Valley at West Hills, El Capitan at Grossmont.

Friday (10/23) - FOOTBALL: El Cajon Valley at West Hills, Helix at El Capitan, Grossmont at Santana, Granite Hills at Monte Vista, Valhalla at Mount Miguel

Saturday (10/24) - CROSS COUNTRY: top runners at Mount San Antonio

Monday (10/26) - VOLLEYBALL: Valhalla at Helix, Mount Miguel at Granite Hills, Santana at Grossmont, El Capitan at West Hills.

Tuesday (10/27) - WATERPOLO: Monte Vista at Granite Hills, Mount Miguel at Helix, Valhalla at West Hills (at El Capitan), El Capitan at El Cajon Valley, Grossmont at Santana. GIRLS TENNIS: Granite Hills at Monte Vista, Helix at Mount Miguel, El Cajon Valley at El Capitan, West Hills at Santana.

West Hills home pool is at Santana

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